



Day Four

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Goal Setting - SMART



When setting goals, the first thing is to be sure that you picture them correctly. To do this, your goal must be SMART:

Specific – Measurable – Attainable – Rewarding – Timed

Example: **Starting Friday, I will eat only foods I am not allergic to for three weeks, and I will feel healthy and well.**

Specific: I will eat only foods I am not allergic to

Measurable: for three weeks

Attainable: yes - especially with good planning!

Rewarding: I will feel healthy and well

Timed: Starting friday

The more control you have over a goal the better chance you have of attaining it.

So, if you set the goal by the *performance* of the action rather than the outcome, you will be happier! What are two or three SMART goals you can set for this detox? See the next page for more ideas to help you.

Goal Setting



There are several steps in goal setting:

1. Become aware of a need.
2. Envision the outcome.
3. Set the intention.
4. Focus on the goal.
5. Take action to achieve the goal.
6. Have faith that if you set the intention, focus, and take action, you will reach your goal or the outcome that is best.

Example:

1. *I want to feel better and I know I am allergic to foods.*
2. *I see myself breathing better, with energy, strength and I avoid illnesses because of my strong immune system.*
3. *I will no longer eat foods that I am allergic to and only eat foods that nourish me.*
4. *I focus on what is necessary to reach that goal...I list what I can and can't eat and eliminate thought of deprivation, I focus on whatever it takes to feel energy, strength and immunity.*
5. *I take action by grocery shopping, food preparation, eating what I should and learning what I need to know.*
6. *I believe that if I do what I set out to do, I am going to feel better.*

Cleanse Your Mind



Affirmation

As I become healthier, my body and mind will transform as well.

Thoughts

Focus on the progress you are making.

Cleanse Your Mind



Thoughts, Feelings and Intuitions (Spiritual, Family, Inspirational)	
Gratitude	
Goals	
Fitness	
Joy	
3 signs of progress	
Something I will do better tomorrow to move me toward my goals.	